

Running Wild

The official newsletter of Run Wild Missoula

September, 2009

"Running is a big question mark that's there each and every day.
It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

~ Peter Maher, Canadian marathon runner

**Trail Running Panel Discussion
Monday, September 14, 7 – 8 p.m.
Upstairs at Runner's Edge**

Run Wild Missoula introduces an evening of running education and a chance for RWM members to socialize. Starting this September RWM will hold monthly events which may include a seminar, panel discussion or running film. Each event will focus on a specific running or walking topic and will be held on the second Monday night of each month. The events are free for Run Wild Missoula members and include complimentary refreshments. Do you have a friend who would like to become a member of RWM? Bring him or her along!

The first event is a Trail Running Panel Discussion on Monday, September 14 at 7 p.m. Four trail runners, Kiefer Hahn, Jenny Newton, Becky Thomas Riley and Kevin Twidwell, will discuss how they started trail running.

No need to register. For more information contact eva@runwildmissoula.org.

Thank you – Vic

Vic Mortimer, long-time Run Wild Missoula newsletter editor, has stepped down from his position. Vic produced a newsletter each month that was informative, fun and made RWM proud. At my house, when the newsletter arrived, it was always the piece of mail that everyone wanted to read first. You can't ask more than that from a newsletter! Vic will remain involved with RWM as 1200 Mile Club coordinator and Missoula Marathon registration director. Thank you so much, Vic, for all that you have done and continue to do.

I will attempt to take over from Vic as newsletter editor. My hope is to keep the RWM newsletter interesting and of service to the running community as it has been in the past. In order to do that I ask for everyone's continued help. Please submit articles and stories so that we can share our joy of running.

~ Chris Everett

**Run Wild Missoula Annual Meeting
Monday, October 12**

**Group Run / Walk at 6:15 p.m. in Bob Ward's parking lot
Meeting with Post-Running Treats by Good Food Store &
Door Prizes by Runner's Edge in the Community Room,
Southgate Mall**

Calling all RWM members, this is your chance to learn more about Missoula's premier running club, meet RWM's Board of Directors and share your ideas.

We promise; the meeting won't be all business. After all, most of you belong to RWM because you like to run or walk and have fun doing it. That's why our meeting will start with a group run / walk in the Bob Ward's parking lot near Southgate Mall at 6:15 p.m. on Monday, October 12.

At 7 p.m. we'll meet in Southgate Mall's Community Room for post-running treats generously donated by the Good Food Store. There, you'll get to meet RWM's Board of Directors and learn what the club has accomplished this year and what its plans are for the future. This is also your chance to pitch ideas to your running club. Highlights will include a preview of our new web site and volunteer recognition. Door prizes donated by Runner's Edge will also be given.

Bring a friend and encourage him or her to join RWM!

Please RSVP to eva@runwildmissoula.org by Thursday, October 8 so the Good Food Store knows how many post-running treats to provide.

Running Camp Retreat for Women

Are work and family and life responsibilities cutting into your running time? Do you need a weekend of running, relaxation and friends? Renew your running and renew yourself at the Run Wild Missoula Running Camp Retreat for Women. Join professional runners Courtney Babcock and Meg Lerch for a weekend of road and trail runs and pampering, including yoga, foot soaks, do-it-yourself pedicures, massages and time for you to relax. The camp is Friday, October 9 through Sunday, October 11 at the beautiful home of Loie and Monte Turner on the Clark Fork River just 50 miles west of Missoula. Can't get away for the entire weekend? You can register for

just Saturday, October 10 and still get lots of running and pampering in.

The cost for the full weekend is \$250 and includes coaching, meals, accommodations, a T-shirt and a 10-minute massage. (The cost is about the same as two nights in a hotel, but you get so much more with the RWM Running Camp Retreat.) The Saturday camp is \$135 and includes the same with the exception of overnight accommodations. Run Wild Missoula members receive a \$25 discount.

The camp is for women runners of all ages and abilities (18 and older, please). Although it will include four runs, including a longer Sunday run, the coaches can adjust workouts to fit all levels. Accommodations are double occupancy (shared bed in most cases) and food preparation and clean-up will be a team effort. After all, this is camp, not a five-star hotel! It also helps RWM keep the costs low so more of you can afford to attend.

Participants will convene in Tarkio on Friday afternoon and go for a short road run before dinner. Representatives from the Arbonne skin care company will join the camp Friday evening for foot soaks to soften your skin.

Saturday will begin with a short road run and a big healthy breakfast. Later, Run Wild Missoula Yogi Missy Adams will lead an hour of stretching to prepare you for a longer afternoon trail run. Massage therapists will also keep you relaxed with 10-minute massages (or an hour-long massage for \$55 extra) throughout the day. There will be time before the afternoon trail run to soak in the hot tub, nap, read or watch movies—basically whatever you want to do! The day will end with dinner and more time to socialize and relax.

The camp will end mid-day on Sunday after breakfast, a 10-12 mile trail run, clean up and goodbyes. You will be sure to leave refreshed about your running and your life. And you'll likely make new running friends.

Run Wild Missoula is able to keep the camp affordable due to sponsorship from Loie and Monte Turner, owners of Turner Sign Arts, who are generously allowing the use of their beautiful home on the Clark Fork River.

For more information or to register see the registration form in this newsletter or online at www.runwildmissoula.org. You are also welcome to email eva@runwildmissoua.org with questions.

~ Eva Dunn-Froebig

2010 Boston Marathon

Hello Marathoners,
Congratulations to all the Missoula Marathoners, and Missoulians that ran other marathons this year. It is not too early to starting thinking about and making plans for the 2010 Boston Marathon. If you are considering running the 114th Boston Marathon on April 19th, 2010, make your hotel reservations now. Go to the Boston Athletic Association (<http://baa.org/>) for information about the race and visit Marathon Tours and Travel (<http://www.marathontours.com/>) for the Boston Lodging Form for accommodations- it is the cheapest and best way to secure a hotel for the marathon. Rooms book up quickly, and many hotels are already sold out.

The field size for this year's marathon has not been determined, but in 2009 there were 26,388 entrants and registration filled up quickly (before the end of early registration). Registration is set to open in early September, so if you know you will be running, don't wait to register. To qualify for the Boston marathon runners must meet the designated time standards on or after September 27, 2008.

If you think you will be interested in training with a group for the Boston Marathon, contact Anders at the Runner's Edge, or David (dschmett@bigsky.net). If there is enough interest, a 16-week Boston Marathon Training Group will begin at the end of December, so start building that base!

~David Schmetterling

Run Wild Women: Take Your Inner Diva Out to Run on Saturday, Oct. 3, 2009

This year our Missoula All Women's 5K Run starts at 9:30, at the Community Medical Center Campus. The morning is packed with fun, fashion, food, dance and exercise, as well as prizes, music and the 5K run/walk. We had a great time last year, with almost 400 runners, and we hope to see you there this year, dressed in running shorts or dresses, sweats or boas, caps or tiaras--it's all good!

The race application and information are included in the newsletter and can also be found on the RWM web site or at Runner's Edge and other stores/facilities around town.

Run Wild Men: Come on out to support the club and your friends. If you'd like to volunteer (finish line, logistics, and lots of other fun and necessary tasks), please email sue@runwildmissoula.org. We'll find a place for you.

Team challenge: Find some friends, work colleagues, form a team and be part of the "Most Diva Stylin" contest at the awards ceremony. Along with your Run Wild membership discount, team members also get a discount for the race.

Moms with young ones in strollers, we welcome you to come and participate too.

~Sue Falsey and Loie Turner

Two Vans, 14 People and Logistics

Some of you may have caught the Missoulian article a week or so ago on the 185-Mile Spokane to Sandpoint Relay. Missoula was well represented by at least four teams, although the race website doesn't list the home town of each so there could easily have been more because I wasn't keeping track. It was fun to hear the announcer say, "Team xyz from MISSOULA" so many times.

To give you a very brief overview in case you don't know, this particular relay consists of 12 team members. Teams can be all men, all women, or co-ed. Each team member runs 3 legs. Each leg is approximately 5 miles although they do vary. We passed one of those slap curl wrist band dooymhickies between runners to act as the baton. You need two vans because it enables the first six runners to run, get a somewhat significant break while the runners in the second van run, etc. You start in the morning and with any amount of luck, end the following morning. Or early afternoon, or evening, as the case may be.

I've never done a relay before and maybe there are others of you out there that are a hesitant because you don't

know what you're getting yourself into. I ran with the all-women's team, Missoulapalouza. I thought I'd share some of my takeaways and maybe next year you'll decide to give Spokane to Sandpoint a try.

1. It isn't about how fast you run, it's whether you can get out of the van that third time.
2. The person doing the organizing of your team deserves an incredible amount of reverence, gifts, and probably just a plain old cash buyout, because there are a zillion details into getting this put together and it's incredibly time consuming mostly because there are so many people involved. I was ignorant of this until the emails started arriving. As time passed and the emails increased in number as opposed to decreased, it became clear that this was a massive organizational undertaking.
3. If you have a GPS, use it. If you don't have a GPS, make sure you get the legs that are in a straight line because in 185 miles nobody guarantees perfect course markings, and nobody guarantees that you'll see the course markings in the middle of the night... in the rain... and fog.
4. Get a driver that likes to run. First of all, you have a back-up in case, in fact, you CAN'T get out of the van that third time. More importantly, there is nothing happier than seeing your driver come running up the path, indicating you are near the finish of your leg. Our drivers did that (THANK YOU to Sherri Kenyon and Jeff Bookwalter) and must have each put in about 18 of their own race pace miles.
5. Half the fun is in the planning. Think of it as a theme party. You'll get much joy and invigoration when you see your brilliantly decorated van at each of the exchange areas, not to mention the matching costumes. Even if you don't win the van decorating award, *you will know in your heart that you DESERVED the award*, and all of you on your team can continue to agree on that point, probably for many years to come.
6. Hope you're a good napper. I happen to be a professional so I was set. Others in my van weren't so fortunate. Sitting straight up in the middle of the far back seat with a sleeping runner on your right and left, and in front of you, with steamed windows and no oxygen and no way to exit the van without involving the other six people, at 11:00 pm in a rainstorm, isn't something I'd wish on anyone.
7. Variety outweighs quantity in terms of food selection in the van. One 25 pound bag of Costco Trailmix loses appeal after 20 hours.
8. If you sit in the back of the van, most people won't notice if you eat all the M&M's out of a 25 pound bag of Costco Trailmix.
9. Teams can consist of any variety of people or reasons for running... families... co-workers... track teams... everyone was there for their own

purposes and it was fun to see so much participation at every level.

10. Read the website because this isn't a Saturday/Sunday race... it's a FRIDAY/Saturday race. Your boss might be interested in that detail. Mine was when I realized that detail on Wednesday.
11. It isn't about how fast you run, it's whether you can get out of the van that third time.

If you haven't done a team relay before, I'd recommend this one as a great first-time relay. It's designed to be fun, you don't run excruciating distances, and there's a gym in Sandpoint that allows you to pay a modest fee and use their shower at the end of the race – a critical component to happiness and the ability to return in the same van with your relay team.

One of our team members confessed later that she had decided to do the race only because she had committed to it, but that she was not looking forward to it because she was stressed about work and all the other things that pile up in our busy lives. But in the end she was very glad to have come, be a part of the team and to laugh and have fun! It was fun and you'd probably like it, too.

~ Jennifer Straughan



Working as a team. Spokane to Sandpoint Relay.

AT THE RACES

Celebrate the Swan, July 11

Half	marathon—men:		
Robert	Zier	2:37:33	60-69
10K—women:			
Linda	Vevera	47:09	50-59
5K—men:			
Michael	Cain	27:05	50-59

Made in Montana, July 25

5K

1	Pat	Cross	19:28
22	Emily	Sterbis	24:28
32	Elisha	Thomas	27:05
49	Garth	Flint	31:55

10K

8	Jennifer	Sauer	47:37
11	Ryan	Snyder	48:27
16	Wisdom	Ming	51:06
17	Kelsi	Camp	51:52
24	Colleen	Smith	56:44
25	Terry	Klise	57:06
28	Zachary	Harper	58:14
30	Caryn	Youngholm	58:46
31	Bryon	Smith	59:01
32	Bob	Hayes	59:10
33	Bridget	Johnson	59:35
35	Shandy	Lemperle	1:00:10
36	Suzanne	Klise	1:00:32
39	June	Noel	1:03:27
42	Miranda	Ming	1:05:01
43	Christine	Johnson	1:06:07

Visit www.runmt.com for a complete list of Montana races

Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*. Those whose writings are accepted for publication not only get to have the satisfaction of sharing their running with others but can receive from RWM a "I was published in *Running Wild*" t-shirt. "**On the Run**" essays should be at least 750 words and can be on just about any topic related to running. "**Cool Race**" articles should be between 300 to 350 words and are about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "**Happy Trails**" articles are also of 300 to 350 words in length providing descriptions of a good trail run that you have taken. Please provide details and a photo so that we can all learn about new places to run.

~ Chris Everett

On the Run - Confessions of a Sub-par Runner

I don't consider myself a runner; which is funny because I've done an awful lot of running over the last decade, occasionally earning modest accolades. That I say I'm not a runner is not an attempt to feign modesty—my reasons are hardly disingenuous and only peripherally have to do with context (I *am* a runner at the moment you see me running). It's that I've found myself developing a curious pattern of expressing any

talent I have for running through tangential activities or with high-flung frills. And it seems I've been as eager to distract myself from failure as I've been driven by the desire for merited success; it's better to win modest success for which I have little talent than to fail with much. Clearly, this is more than the simple act of running.

The Whiskey Row Marathon was the first and the best. Even one year prior—in high school—you couldn't have paid me enough to run once around the track. What sparked my interest was the sheer levity of ignorance—I've never done that! The course snaked up a mountain, momentarily peeking out of a Ponderosa Pine forest at the summit to reveal a window south into an endless expanse of Arizona desert—God's country, according to the late Ed Abbey. I had precious few expectations and a strong desire to finish the race. I trained—which is to say I ran religiously for four months but without orthodoxy. Despite my sluggish time, it turned out to be a wonderful experience; so I couldn't get angry with myself when a septuagenarian passed me on the final descent to the finish line—*Who cares*, I thought, *I just ran a f*!#ing marathon!* The next time it would be harder. Unexpectedly, and in spite of myself, I began to love to run.

Running, however, had always been the garnish to a rich and substantial meal. For me, running never enjoyed the dizzying height on a pedestal and mostly served as cross training for big wall climbing, long distance bicycling, back country skiing, wildland firefighting, and even hitchhiking. It is true that each marathon I ran marked a cadence of stability in my active adult life. But even while deep in training, I would easily justify any other activity as a legitimate form of cross training—including the occasional drunk. Ironically, I lacked a proportionate amount of talent required to succeed in these other pursuits that I had for running.

The next occasion I had to run a marathon was in Coeur d'Alene. I cut an hour off my personal record and qualified for the Boston. Interestingly, my time was incidental. The context in which I ran it eclipsed my new record. I trained for two and a half months in the iconic hills of the Missoula Valley, exclusively. My schedule for the race weekend went thusly: I hitchhiked to Coeur d'Alene after work on Saturday, arrived in town late that afternoon, illegally bivouacked on a rocky path on Tubbs Hill to awake race day feeling un-rested, hungry and unable find an open eating establishment. I started the marathon on empty and finished on fumes. After the race, exhilarated, I thumbed my way back to Missoula.

Running the Portland Marathon seemed logical. I was devastated by a gal who lived in Portland, resulting in that weird gravitational pull that longing exerts. Who knows, maybe she'd be watching. Two months prior I ran the Bridger Ridge Run which left me very little ambition to train in the interim, but I went for it anyway. Portland is an easy drive from Missoula, but thumbing it always seemed to require a forced bivouac. This particular time it was in Dayton, WA, where I slept on the side of Route 12 in a drainage ditch. The next afternoon and seven rides later, I arrived in the Hawthorne District in the shadow of Mt. Tabor where I rendezvoused with a Missoula ex-pat. We ate out at a funky Lebanese joint and stayed up way too late watching the weird phenomenon of Japanimation. I slept through my alarm,

frantically rummaged through a barren fridge, caught a bus going downtown, and started the race 7,000 runners deep. I shaved six minutes off my last marathon time. My old lady friend was not in attendance.

The thought of running the Portland Marathon again was enough to make my nose bleed, but the temptation to break the three hour barrier on familiar ground was great indeed. This time a dear friend drove me to Portland. We shared a pizza and a pitcher of delicious dark beer (a pre race superstition I picked up in Coeur d'Alene) while the big screen dazzled us at the Bagdad Theatre. I sacked out for eight restful hours, and had a friendly face to send me off at the start and cheer me at the finish. I ran horribly, hurting in places wholly unfamiliar to me but managed to shave a minute off my last time for a 3:00:31 run. Total days training: fourteen.

I wish I could say that the layers of difficulty I piled on the simple task of running was exclusively an exercise in fun-hearted adventure and nonconformity. And to my credit, much of it was. But to be honest disgracing the tyranny of mass culture and the genericness that it produces was not the ultimate objective for my exploits. I have to admit that perhaps it was my fear of failing that motivated the extracurricular hurdles. I must have figured out early in life that the pang of failure is felt more acutely and is all the more blameworthy when it is least expected. I deceive myself. How could I be expected to run a sub three when I hadn't trained, eaten or even arrived?

I regrettably extend the obvious sports metaphor: What else in life am I running from? Careful introspection reveals that nearly every aspect of my life has a built in failure expectancy or is too ephemeral to metastasize into a full-on failure. Odd vocations with seasonal salaries? Ephemeral—check. Transience and uprootedness? Ephemeral—check. Girlfriends and long distance relationships? Failure expectancy high—check. Entrepreneurial exploits? Failure expectancy high—check. I used to say, triumphantly, that I was not afraid of anything—and I believed it too. What a gas it is to realize that I have known fear all too well in nearly every aspect of my life!

But running shouldn't be this difficult or this complicated. Alas, I must get over it. Runner or not, I can't postpone the simple joy of running. It comes at a low premium with a high rate of return. In the sucker season all I need are a pair of shorts and sneaks on my feet. It's a stone's throw from my doorstep to singletrack. And I use the word 'singletrack' literally, but more importantly by way of synecdoche. Singletrack means elevated heart rates, fresh air, endorphin highs, blue bird days, long spates of reflection, wildflowers, grassy slopes, Ponderosa Pine forests, and personal health—the good life. And if a sub three run is in my future it will have been borne from an honest go—unorthodox, sure, but honest.

~ Eric Webster

Cool Race - Headwaters Relay 2009

If I had only one word to describe the weekend it would be Epic. But that word doesn't even come close to the total awesomeness, bad-ass-ness, extremes, and other lofty, crazy words needed to describe the Headwaters Relay. In short, Headwaters Relay is 3 days of running, 3 nights of

camping, and 230 miles. Each team has 5 to 10 runners and the only goal is to make it to the source of the Missouri river the fastest. The race goes across rivers, over mountains, and up to 9587 feet of elevation at the highest point. Epic.

Thursday: We drove to Ennis. We camped along the Madison River that night. That was basically all that happened Thursday and the following is why.

Friday: 80 miles, from Missouri Headwaters State Park near Three Forks, Montana to Dillon, Montana. The start was at 5:30am with a part of your body immersed in the Missouri River. The running proceeded mostly on dirt roads heading south and west. The weather was relatively cool in the morning and there was some rain at about 10:30 that morning. One of the running legs went up and over the Tobacco Root Mountains while the rest of the team had to drive around. The last half of the day was spent running toward Beaverhead Rock along a dirt road. It was getting hot out by then. After finishing running for the day, and driving back to Ennis, we all went into the river for a nice soak. Sleep came early for everyone that night.

Saturday: 70 miles, from Dillon to Ennis. This was by far the easiest of the three days because it was the shortest and there was only one unsupported leg that day. The day also included three serious hill climbs and two major downhill runs. I don't know how much elevation was gained and lost, but what I do know is that our legs really felt it.

Sunday: 80 miles, from Ennis to the southwest tip of Montana travelling the entire length on top of the Gravelly Mountain range. Most of the day was run above 8000 ft. It was an experience for everyone. After finishing the day which included 4 unsupported legs and some serious climbs, we all sat in Hell Roaring Creek, the headwaters of the Missouri. It was freezing cold and well worth the sit. We then finished up the day by driving back to Ennis, packing up, and driving home.

~ Thomas Everett

(Editor's Note: Read more about the Headwaters Relay at <http://montanamtnrec.com/HWRRelay/>)



A relay handoff on the 2009 Headwaters Relay.

From RWM's Executive Director

Summertime for my family is full of camping trips, days on the river or the pool, and nights at a Missoula festival or Osprey baseball game. It's a fun time of year, but it can also be chaotic. I'm starting to crave the structure the school year brings—and my son is only 3 years old! He starts preschool next week and we'll have a regular schedule instead of every week being different depending on the schedule of the summer camp in which he was enrolled.

I also crave structured runs and ways to stay motivated. Luckily, this is something Run Wild Missoula can provide. It's nice to work for an organization that can help me make time for one of things I love most to do. For instance, I can show up in front of Runner's Edge on a Saturday morning at 8 a.m. or a Thursday evening at 5:30 p.m. for a group run led by our Program Director Meg Lerch or another volunteer. (By the way, if you're interested in leading a group run, email meg@runwildmissoula.org. You don't need to be fast; all that is needed is for someone to greet the runners and give them the workout or route.)

I could also join Courtney Babcock at Dornblaser on Tuesdays at 6:00 p.m. for a track workout. This is something I have yet to do, but I'm hoping to develop the nerve to show up soon; I've heard it's a hard workout!

RWM's Yoga for Runners classes on Tuesdays at 12:15 p.m. and Core Strength Training for Runners at 12:15 p.m. on Wednesdays at 12:15 p.m. will keep me stretched and strong. (For registration forms look inside this newsletter or visit www.runwildmissoula.org. Sorry, the Thursday evening Yoga for Runners class is full.)

I will also be able to stay fresh after a weekend of running and relaxation at the RWM Running Camp Retreat for Women on Friday, October 9 through Sunday, October 11. (For more information or to register see the article and registration form in this newsletter or at www.runwildmissoula.org.)

New to RWM this fall are monthly educational events on running and walking to keep me informed, motivated and open to different forms of running. These are scheduled for every second Monday evening of the month from 7 – 8 p.m. above Runner's Edge. The first will be a Trail Running Panel Discussion with local trail runners Kiefer Hahn, Jenny Newton, Becky Thomas Riley and Kevin Twidwell. Learn how these long distance trail runners got started.

And don't forget all the races to keep you working toward a goal. The Sweathouse Half Marathon and 5-Mile Race is in Victor on Saturday, September 12, the All Women's Diva Day 5K Run / Walk is on Saturday, October 3 and the Pumpkin Run (400 meters for kids and 5K) is Saturday, October 17.

Also, mark your calendars for RWM's Annual Meeting on Monday, October 12. This is your chance to meet your fellow members and pitch ideas to your running club. We'll meet for a group run at 6:15 p.m. in the Bob Ward's parking lot and then convene in Southgate Mall's Community Room at 7 p.m. for post-running treats from the Good Food

Store. Highlights include a preview of our new web site and volunteer recognition.

Now if all of these races, events and classes don't keep you structured, what will?

Happy Running / Walking,
~ Eva Dunn-Froebig

RWM Board of Directors:

Jean Zosel, *President*
Tim Winger, *Secretary*
Mark Burke, *Treasurer*
Courtney Babcock
Anders Brooker
Stuart J. Kaplan
David Schmetterling
Loie Turner

RWM Staff:

Eva Dunn-Froebig, Executive Director- eva@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Race Director- jen@runwildmissoula.org

RWM Club Officers

1200 Mile Club Coordinator:

Vic Mortimer- vic@runwildmissoula.org

Treasurer:

Dara Rouse- dara@runwildmissoula.org

Secretary:

Darr Tucknott- darr@runwildmissoula.org

Membership & Race Results:

Sue Falsey- sue@runwildmissoula.org

Program Manager:

Meg Lerch- meg@runwildmissoula.org

Equipment Manager:

Tommi Burton- tommi@runwildmissoula.org

Coach & Coordinator, Training Classes:

Anders Brooker- runners_edge@hotmail.com

Coach & Coordinator, Tuesday Track:

Courtney Babcock- courtney@runwildmissoula.org

Run Wild Yogi:

Missy Adams- missyadams410@yahoo.com

Newsletter Editor:

Chris Everett- chris@runwildmissoula.org

Member Services Subcommittee:

Courtney Babcock
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Meg Lerch
Darr Tucknott

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Jen von Sehlen
Tim Winger

Newsletter Submissions Policy

Running Wild welcomes stories, race results, announcements, letters to the editor expressing strong, well-informed opinion, and whimsical musings on the running life from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. No PDF files, please: it makes the editor's job longer and more confusing. **Race entry forms published only when space allows.**

September 2009
Run Wild Missoula Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Saturday
	<p>1 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser Stadium√</p>	<p>2 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**</p>	<p>3 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge (Sept. 10th - Nov. 26th)* FULL!</p>	<p>5 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√</p>
7	<p>8 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser Stadium√</p>	<p>9 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**</p>	<p>10 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge (Sept. 10th - Nov. 26th)* FULL!</p>	<p>12 -Sweathouse Half Marathon & 5-Mile Run, 8 a.m., Victor -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√</p>
14 Trail Running Panel Discussion, 7 p.m., Runner's Edge√	<p>15 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser Stadium√</p>	<p>16 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**</p>	<p>17 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge (Sept. 10th - Nov. 26th)* FULL!</p>	<p>19 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√</p>
21	<p>22 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser Stadium√</p>	<p>23 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**</p>	<p>24 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge (Sept. 10th - Nov. 26th)* FULL!</p>	<p>26 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√</p>
28	<p>29 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser Stadium√</p>	<p>30 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**</p>	<p>1 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge (Sept. 10th - Nov. 26th)* FULL!</p>	<p>3 -Diva Day 5K, 9:30 a.m., Community Medical Center -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√</p>

√ Free for Run Wild Missoula members.

*Email missyadams410@yahoo.com to register for Yoga for Runners

** Email alison@thepilatesplayground.com to register for Core Strength Training for Runners.

Yoga for Runners Fall Session 2009

Run Wild Missoula is offering two 12 week yoga courses, designed especially for runners. These classes will incorporate poses that will help to stretch, strengthen and balance a runner's body. Classes will be held **Tuesdays, 12:15-1 p.m., September 8-November 24; and Thursdays, 6-7 p.m., September 10-December 3 (no class on Thanksgiving Day). All classes are held upstairs at The Runners Edge.** Yoga mats and straps provided, comfortable clothing recommended, running shoes not required! **THURSDAY CLASS IS FULL!**

Space is limited. To reserve a spot, email Missy Adams at missyadams410@yahoo.com, and send this form with a check to:

Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

Check one or both of the classes you would like to register for:

_____ Tuesday Lunch Yoga (\$68 RWM Members, \$75 non-members)

_____ Thursday Evening Yoga (~~\$78 RWM Members, \$87 non-members~~) **FULL!**

NEW! Core Strength Training for Runners Fall Session 2009

Run Wild Missoula is offering a 12 week core strength training class for runners. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. This class is designed to keep a runner's core strong. The class will be held **Wednesdays, 12:15-1 p.m., September 9-November 25. Class will be held upstairs at The Runners Edge.** Mats provided, comfortable clothing recommended, running shoes not required!

Space is limited. To reserve a spot, email Alison Laundrie at alison@thepilatesplayground.com, and send this form with a check to:

Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

Cost: \$68 RWM Members, \$75 non-members

Run Wild Missoula Running Camp Retreat for Women

Renew Your Running, Renew Yourself

Friday, October 9 – Sunday, October 11

At the home of Loie and Monte Turner in Tarkio, Montana

Are work, family and life responsibilities cutting into your running time? Do you need a weekend of running, relaxation and friends? Renew your running and renew yourself at the Run Wild Missoula Running Camp Retreat for Women. Join professional runners Courtney Babcock and Meg Lerch for a weekend of road and trail runs and pampering, including yoga, foot soaks, do-it-yourself pedicures, massages and time for you to relax. The camp is at the beautiful home of Loie and Monte Turner on the Clark Fork River just 50 miles west of Missoula. Can't get away for the entire weekend? We have a Saturday only option.

Name (Please print) _____ Age: _____

Females only, please. Must be 18 or older to participate.

Address: _____

Phone: _____ Email: _____

T-shirt size: _____ Special dietary needs / food requests: _____

All levels are welcome! We want to get a sense of your level of running so we can adjust the workouts.

What is your average minute mile? _____ Your average weekly mileage? _____

2-Night Camp **\$250**__

Friday, October 9 at 4 p.m. until mid-day, Sunday, October 11

Includes two nights accommodations, dinner on Friday, three meals and snacks on Saturday, and breakfast on Sunday. Also includes a t-shirt, foot soaks and do-it-yourself pedicures on Friday, yoga by Missy Adams, running clinics and tips from Courtney Babcock and Meg Lerch, and 10 min. massage on Saturday.

Saturday Camp **\$135**__

Saturday, October 10 from 8:30 a.m. until 8 p.m.

Includes three meals and snacks, a t-shirt, yoga by Missy Adams, running clinics and tips from Courtney Babcock and Meg Lerch, and 10 min. massage.

I would like to purchase an additional one-hour massage **\$55**__

Run Wild Missoula members, take \$25 off registration fee. **-\$25**__

(Not a member? Become one for \$25 at www.runwildmissoula.org and receive discounts on races and other programs all year long!)

Total Cost _____

About the accommodations: Most accommodations are double occupancy (shared queen beds). Beds will be selected on a first-come, first-serve basis. The Turners have four dogs that are part of their family. Please contact us if this is a concern and we can give you suggestions for other accommodations. We are able to keep the camp affordable due to the generous use of the Turner house. *Thank you, Loie and Monte!*

About the meals: We will provide nutritious meals to keep your body energized during this weekend of fitness and fun. Please be prepared to help with food preparation and clean-up.

What to bring: Running shoes and attire, comfortable clothing for yoga and lounging, swimsuits and towels, and an alcoholic beverage for yourself if you wish.

About the runs: The camp will include a 30-minute run on roads on Friday evening, a one-hour trail run on Saturday morning, a 30-minute road run on Saturday afternoon, and a one-two hour trail run on Sunday morning. Courtney Babcock and Meg Lerch can adjust the workouts to fit your level.

About Courtney Babcock: Courtney Babcock has been a professional runner with the Mountain West Track Club for 12 years. She is also the Cross Country and Distance Track coach for Men and Women at the University of Montana. She is the Canadian Record holder at 5k and 10k and represented Canada at the 2004 Olympics in the 1500m and 5000m. A member of RWM's Board of Directors, Courtney encourages running in the community by leading the RWM's Tuesday Track workouts and acting as Course Director for the Missoula Marathon.

About Meg Lerch: Megan Lerch grew up in Mullica Hill, New Jersey and moved to Missoula three years ago after completing her bachelor's degree at Towson University in Maryland. During her four years at Towson, she competed in cross country, indoor and spring track and set the school record in the women's 3k, 5k and distance medley. She is currently a professional runner for Mountain West Track Club, specializing in the 5k. Meg also volunteers as Program Director for RWM.

About the pampering: Representatives from the skin care company, Arbonne, will join us Friday evening for foot soaks and do-it-yourself pedicures. Massage therapists Kerr Duson and Jen VanDerburg will be on hand to give 10 minute massages on Saturday. Think you need some extra relaxation? Sign up for a one hour massage on this registration form. RWM Yogi Missy Adams will lead a Yoga for Runners class to keep your body stretched and strong. The Turners also have a hot tub and Clark Fork River access (weather permitting). There will be time to nap, read, watch movies, etc.

Questions? Email eva@runwildmissoula.org Send registration form with payment made out to Run Wild Missoula to PO Box 1573, Missoula, MT 59806.

**1st, 2nd, 3rd
Age Group Awards!**



Sweathouse Half Marathon and 5-Mile Run/Walk

September 12, 2009

Half-Marathon starts at 8:00 a.m., the 5-Mile at 8:15 a.m.

Both courses begin and end in Victor and follow mostly dirt back roads on loop courses. Overall and age-group prizes, finisher medals for half marathon participants, and drawing prizes with a local flavor.

PLEASE REGISTER AHEAD OF TIME TO ENSURE YOU RECEIVE A SHIRT. ONLY THOSE REGISTERED BY AUGUST 28 ARE GUARANTEED A SHIRT ON RACE DAY. RACE DAY REGISTRATION AND PACKET PICKUP BEGIN AT 7:00 A.M.

NAME: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ EMAIL ADDRESS: _____
 DATE OF BIRTH: ____/____/____ AGE ON RACE DAY: _____ SEX: M F
 TELEPHONE: _____

REGISTERING FOR: HALF-MARATHON 5-MILE

SHIRT SIZE

ADULT SHIRT SIZE (Circle One): S M L XL KIDS SHIRT SIZE (Circle One): S M L

ENTRY FEES:

5-MILE: \$20 RWM Members Take 10% Off Fee!
 HALF-MARATHON: \$35 (\$18.00/5-Mile and \$31.50/Half-Marathon)



Make checks payable to: Run Wild Missoula, P.O. Box 1573, Missoula, MT 59807
 For more information contact Nichole Unruh (406) 369-0438

Waiver and Release Statement: In consideration of accepting this entry, I RELEASE, for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") – Run Wild Missoula and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this agreement for the benefit of me or my child. This agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I fully ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects, the dangers of road and trail conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded.

Signature of Participant: _____ Date: _____
 Printed Name of Participant: _____
If Participant is Younger Than 18 Years
 Signature of Parent/Guardian: _____
 Printer Name of Parent/Guardian: _____

OFFICE USE ONLY: Check # _____ Race # _____ Other _____ Amount \$ _____



Thank you to the artists who created our logos!

Bryce Dana (top), Chrissy Dowdy (left), and Cody Noffsinger (right)





The Missoula All Women's 5K Saturday, Oct 3, 2009 **Community Medical Center Campus, 9:30 am**

You May Also Download a Registration Form or Link To On-Line Registration at Active.com:
from www.runwildmissoula.org **Registration closes 9:00 race day, Oct 3.**

Last Name _____ First Name _____ Middle Initial _____

Address _____ City _____ State/Province _____

Zip/Postal Code _____ Country (other than USA) _____

Date of Birth ____ / ____ / ____ Age on Race Day _____ Gender: F (women only please)

Telephone # (_____) _____ Email address: _____

Shirts Women's Sizes (not Unisex,, so a medium is not huge!) circle S M L XL XXLYouth Small

Entry Fees (the earlier the better for you and for us, ** \$2 off each individual or family category for Run Wild Missoula members

Individual \$20 (thru Sept 15) \$25 (Sept 16-Oct 2) \$30 (Oct 3)

Teams (individual submits form, team=5+): \$18 (thru Sept 15) \$23 (Sept 16-Oct 2) \$28 (Oct 3)

Family/(up to 4) \$70 (thru Sept 15) \$85 (Sept 16-Oct 2) \$110 (Oct 3)

(Family/Team Name to Use as Family/Team Group: _____):

Make checks payable to: RunWild Missoula, W5K , PO Box 1573, Missoula, MT 59806



Registration Date _____

Amount Paid (Family- all forms together in one envelope, Teams can enter individually)

Any special notes? _____

Waiver and Release Statement

In consideration of accepting this entry, I RELEASE - for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") - the Run Wild Missoula, the City of Missoula, Missoula County , Community Medical Center, Northern Rockies Heritage Center, Historical Museum of Fort Missoula and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this Agreement for the benefit of me or my child. This Agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I FULLY ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of road conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded. I also grant permission for the use of any photo-graphs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose. PARENT OR GUARDIAN MUST SIGN FOR MINOR.

Signature of Participant: _____ Date: _____

Printed Name of Participant: _____

If Participant is younger than 18 years

Signature of Parent/Guardian: _____

Printed Name of Parent / Guardian: _____



Presented by:



, Hosted by:

From day one.

, Energized by:





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MISSOULA, MT 59806
www.runwildmissoula.org

Run Wild Missoula promotes and supports running and walking as sports for people of all ages and abilities.



www.runmt.com